

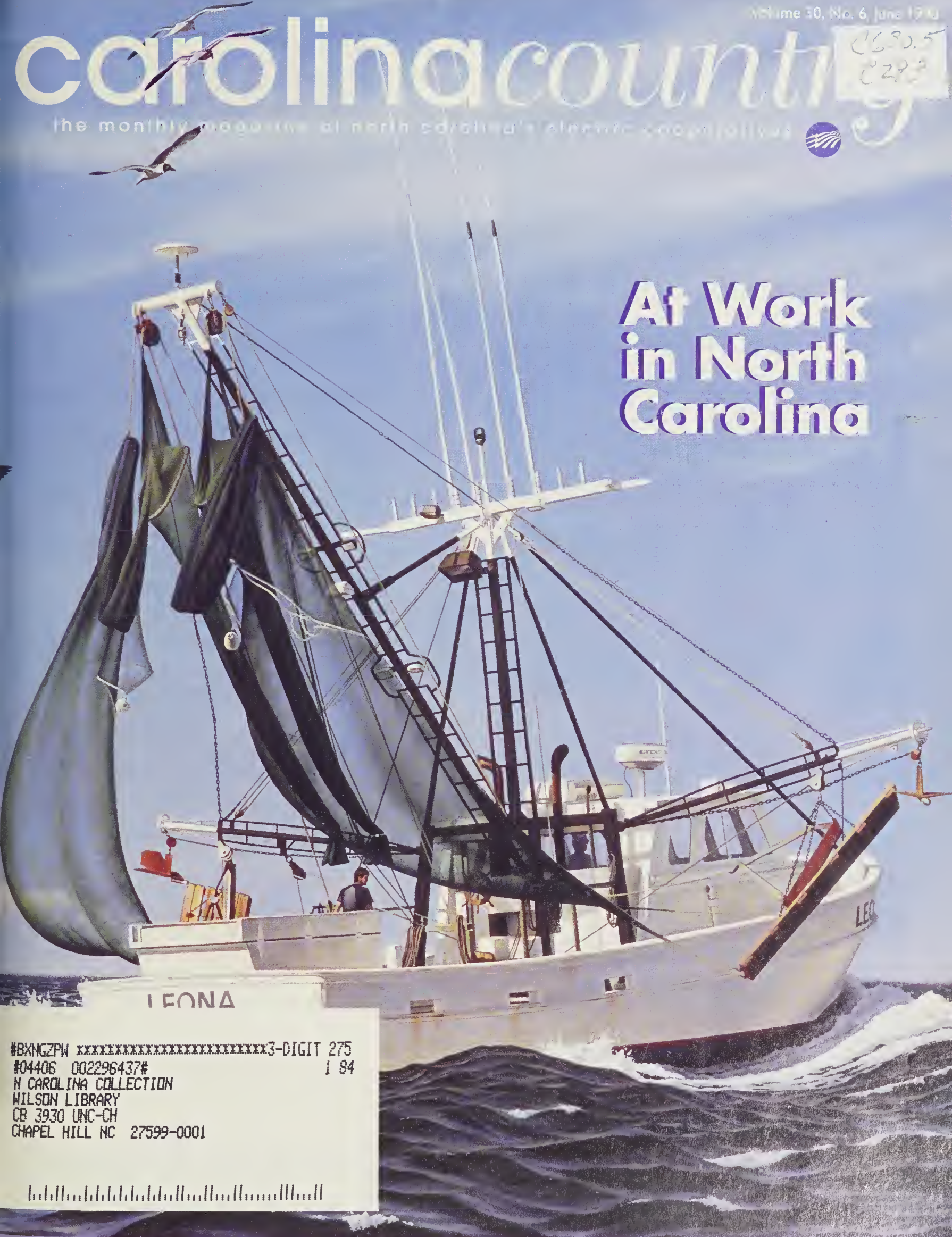
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Detail from "Wild Blue," an oil painting by Jack Saylor. See page 17 for more information.



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Further defining manufactured homes

The article in the April issue, "A Consumer's Guide to Manufactured Homes in North Carolina," highlighted the advances made by the industry away from its "mobile home" image, but it did little to clarify the considerable confusion between "manufactured" and "modular" homes.

It doesn't help that the names chosen for the two types of construction are not very distinctive. Both are manufactured — built in a factory — and both are shipped to the site in modular units. However, their different construction standards lead to different results, something that could have been more clearly explained in a few extra paragraphs.

Bob Bamberg
Sparta

As we discussed in the article, there are some differences in modular homes and manufactured homes:

Modular homes are constructed of components such as walls, floors and roofs that are built in a factory to state building code specifications. These components then are transported (often on flat bed trailers) to a home site where they are assembled in accordance with state and local building codes that apply to the area where the home is located. On-site inspectors verify compliance with the state and local building codes.

Manufactured homes — a term assigned by Congress — are constructed in a factory to meet the federal building standards adopted and administered by the U. S. Department of Housing and Urban Development (HUD). This national code regulates manufactured home design and construction, strength and durability, fire resistance and energy efficiency. It also prescribes the performance standards for the heating, plumbing, air conditioning, thermal and electrical systems. HUD code manufactured homes are inspected in the factory during construction by a third-party inspection agency, and upon completion they bear a seal affixed to the house specifying that the manufacturer has built the house in compliance with the HUD standards.

Manufactured homes are transported to the site on a structural frame or chassis that supports the complete unit of walls, floor and roof. Underneath is running gear consisting of wheels, axles and brakes for transportation to the home site. Once sited the wheels and axles are removed.

Bear in mind that the information about manufactured homes that we published in the April "consumer's guide" pertained to houses built to the HUD standards, introduced in 1976.

—MG

Make sure "consumer choice" extends to all

By Ron McElheney



I congratulate the Study Commission on the Future of Electric Service in North Carolina for the forthright manner in which it conducted the public hearing phase of its work between February and the end of April. Co-chairs Sen. David Hoyle and Rep. Danny McComas and the other 21 members of the commission clearly opened the discussion to all who are concerned — from the businesses who have a stake in the matter to the advocacy groups and individuals whose interests are just as important.

I am equally impressed by the level of understanding shown by the members of electric cooperatives statewide who chose on their own to attend one of the eight public hearings that the commission scheduled. In Asheboro, Wilmington, Gastonia, Elizabeth City, Statesville, Asheville, Boone and Raleigh, co-op members rose to defend the way their electric utility serves their communities and to urge the commission to preserve a consumer's right to join and expand cooperatives.

Throughout the process, cooperatives proved why they are productive, service-oriented businesses that consider the consumer's interest their first priority.

As the commission moves on to consider research into the effects of opening the electric service industry to greater competition, and as it examines the approaches under way in other states, I urge the members to keep in mind the points that co-op members stressed over and over again during the hearings.

One of the strongest points our members made was that any move to offer consumer choice in electric service should truly allow that choice for all consumers — large users and small users, groups and individuals, country people and city people. The benefits of a less-regulated market should be equally available.

There is every reason to believe that a utility owned by its consumers can thrive in a more competitive market. North Carolina's co-ops, and the 1,000 electric co-ops nationwide, have prospered well during the past 60 years. As we've grown and adopted new business practices and introduced new services sought by our members, we have maintained the trust and loyalty of consumers more than most utilities. Since we are a "locally-owned" company, we participate in a wide variety of community-related charities and events, and we place a strong emphasis on education. We also deliver reliable service, efficiently and at an affordable price.

Along with the 1.6 million people in this state who enjoy the privileges of co-op membership today, I look forward to helping North Carolina introduce a broader electric service structure that can benefit all the families and institutions who may in the future prefer to join our way of doing business.

Ron McElheney is executive vice president and general manager of Jones-Onslow EMC and chairman of the North Carolina electric cooperatives' statewide executive committee. Jones-Onslow EMC serves more than 44,000 accounts in Lenoir, Jones, Onslow, Duplin, Pender and Craven counties.

Statesman Terry Sanford (1917-1998) was a friend of the cooperatives



Terry Sanford, died April 18 of complications from cancer. He was 80. Sanford died at his Durham home surrounded by his wife and children.

As governor from 1961 to 1965, he made lasting improvements to the state's education system. He was president of Duke University from 1969 to 1985, during which he made unsuccessful presidential bids in 1972 and 1976.

A Democrat, Sanford was elected to the Senate in 1986, losing his bid for a second term six years later shortly after undergoing heart surgery.

The son of a school teacher and an oil worker, he grew up in Laurinburg and received a bachelor's degree from the University of North Carolina at Chapel Hill in 1939. He served as a special agent for the FBI for two years, then was a paratrooper in World War II. He got a law degree from UNC in 1946.

Survivors include Sanford's wife of 52 years, Margaret; his son, Terry Sanford Jr.; his daughter, Betsee; two grandchildren and two sisters.

"Perfect Politician"

Terry Sanford was an almost perfect politician in the best sense of the word. He always put the interests of North Carolina in the forefront. And he knew just when and how to protect and promote those interests. He knew who would support him, as well as who he had to persuade. And he had to be brave and courageous in carrying out his vision.

As an example of how he regarded cooperatives as institutions of good social change, Terry Sanford asked me to serve

on the board of the North Carolina Fund. He and his staff generally were very friendly to the cooperatives. We could always talk to him and get a fair hearing. In quiet ways he did a great deal for us.

J.C. Brown served as general manager of the North Carolina Association of Electric Cooperatives between 1961 and 1973, then as publisher with the National Rural Electric Cooperative Association until he retired in 1993. The North Carolina Fund was Terry Sanford's program for reducing poverty in the state. Brown succeeded Sanford as its chairman.

"Worked for Country People"

Terry Sanford felt strongly that if it had not been for the REA (Rural Electrification Administration) and the cooperatives that rural people in North Carolina would not have had the same opportunities that city people had at the time. Growing up in Scotland County, he knew this first-hand.

He worked tirelessly on behalf of people who lived in the countryside. He was one of the great visionaries of his time in creating programs that would open opportunities for the less fortunate. And that was not a very popular thing to do then. The North Carolina Fund that he established became the model for the community action and anti-poverty programs for the whole nation. President Johnson came to look at our program at Nash-Edgecombe during that time.

James Lee Burney, who recently retired after 20 years as director of Government Relations for the North Carolina Association of Electric Cooperatives, headed the North Carolina Young Democrats while Terry Sanford was governor of North Carolina and also ran the school bond campaign known as URGENT.

Counties Puzzle Error

We failed to proofread flawlessly "The Great NC Counties Scramble" published in the May magazine. The answer is correct, but the puzzle itself contains four wrong letters. If you would like a corrected version sent to you by mail, call and leave your name and mailing address: (800) 662-8835, ext.3091.

True and otherwise

Here are some stories readers have submitted just for the fun of it.

Let us pray

A New York City cab driver died and went to heaven. At the pearly gates, St. Peter checked the rolls to see if he was, in fact, in the right place. Upon finding his name, St. Peter gave the cab driver a satin robe and gold staff and told him to enter.

Right before the cab driver walked in, a preacher arrived at the pearly gates. St. Peter checked the rolls and found that he belonged and gave him an old, faded cloth robe and a wooden stick.

The preacher, noticing what the cab driver had been given, said to St. Peter, "Now wait a minute, I am a man of the cloth and he is a cab driver. Why does he get satin and gold and I get cloth and wood?"

St. Peter replied, "Up here, we're interested in results. When you preached, people slept, but when he drove, everyone prayed."

Cleve H. Cox

Rocky Mount, Tideland Electric

From the mouths of babes

This is a true story. You really had to be there.

While visiting my doctor for a yearly check-up, the waiting room was full. It was so quiet you could hear a pin drop. I sat next to an elderly lady who was there with her granddaughter.

"Are you here to see the doctor," I asked the grandmother.

"No, but my daughter is seeing him now," she replied.

Sitting across from us was a woman who looked like she was about to give birth any day now. Having been quiet long enough, the little girl popped up and asked her grandmother, "What's wrong with that lady over there, Grandma?"

"She's going to have a baby," the grandmother said.

The little girl thought a while, then asked, "Grandma, why don't you have a baby?"

"Oh, sweetheart," she said, "I'm too old to have a baby."

"Well," her granddaughter said, "You can lie about your age like Mommy does."

And with that the room filled with laughter.

Geri Riley

Wake Forest, Wake EMC



N.C. study commission moves on to analyze public comments

"The current structure does protect the low-income population, but deregulation may not. Are we discussing deregulation because it's a fad right now or because it does lower rates?"

Michael Wilcox,
Wake County Opportunities

At the 8th and final public hearing conducted for the Study Commission on the Future of Electric Service in North Carolina, 65 people voiced their concerns for and against electric utility restructuring in the Tar Heel State. Approximately 150 attendees seated in the North Carolina Legislative Auditorium in Raleigh on April 23 heard the majority of the speakers urge the study commission to go slow and learn from other states' successes and mistakes in regard to electric utility deregulation to ensure continued reliability in service and consumer protection. The rest urged quick action in restructuring the industry to allow for possible lower rates through competition.

Co-chair Sen. David Hoyle (D-Gaston) brought the audience up to speed on the commission's objectives, saying members were "here to listen, not to advocate for or against restructuring." He also reported that the Research Triangle Institute in RTP is currently reviewing more than 100 comments sent to the commission, and will produce a summary by June 15. Final commission recommendations are not expected to be made to the General Assembly until January 1999.

The following are a few comments from speakers:

John Winters, a Raleigh developer, urged the commission to keep an eye on the long-term effects of electric deregulation. "Customers are entitled to power at a reasonable cost... but there needs to be no losers to those served. Not one person should be sacrificed for the good of competition."

Dave Dombrowski, an ElectriCities customer in Apex, stated that deregulation is the right solution and that it would save money for all concerned. "But I have no faith in the process, and am afraid the benefits of choice will be to large businesses, not to the average consumer."

Julian Philpott, a member of the N.C. Farm Bureau Federation, said, "I urge you to make the decision best-suited for all citizens as a whole, especially agriculture. No one has yet guaranteed that all will benefit from deregulation. We need assurance that electricity will be constant and reliable."

Rosie Bullard of Wake County voiced four concerns about possible deregulation: citizens currently receive electric service at reasonable cost, will it continue; reliability of service is good, we need to be able to keep faith in the service; the commission must

learn from other states' experiences, especially New York, Pennsylvania and California; and local communities must continue to benefit from helpful, healthy local utilities, "corporate citizenship needs to continue."

Charles Harvey of Wake County said that North Carolina has the highest cost of electricity in the southeastern United States. "We need a chance to choose. Competition is the American way." He also asked for more average citizens to be a part of the study commission.

Lori Worth of the N.C. Senior Citizens Federation urged the commission to say "no" to the "energy tax" that ElectriCities is advocating for infrastructure investments that may be stranded, and to research all aspects of deregulation before moving forward. "Consumer protection provisions must be in place. You need to design the plan for the weakest, not the strongest."

Gerald Warren, a Newton Grove farmer and member of South River EMC, testified that electric service means dependability, and he gets that from his electric cooperative. He is worried that if deregulation happens before it is thoroughly studied, and if his cooperative suffers because of restructuring, his service may not be maintained and everyone will suffer. "A cautious approach to restructuring is needed."

Jim Wilder of the N.C. Soybean Producer Association, said that everyone, especially the rural areas, are entitled to dependable and fairly-priced electricity. "Smaller consumers shouldn't be left holding the bag for the larger consumers. The commission needs to practice patience and diligence in making any decision."

"Electricity is an essential service. Once it is overhauled, there's no turning back."

Amos Mitchell, Raleigh

Billy Ray Hall of Mt. Olive and director of the Rural Economic Development Center, said that rural North Carolina is nervous. "It took an act of Congress to get electricity to rural areas. Will a deregulation decision provide for continued electricity through all of North Carolina? Will it be affordable to all? Will the service reliability be there? Rural leaders currently partner with cooperatives to recruit industry—will we lose this relationship? Go slow and gain experience from other states before making any decision."

Chris Sinclair of the N.C. Manufactured Housing Institute said that deregulation would hurt those who live in manufactured homes in rural areas. "The state now requires service, but will it still be required after deregulation?"

—Renee Gannon



"Mom?...Can we have our co-op back?"

Pee Dee EMC manager suggests giving wholesale deregulation "a chance to operate"

If deregulation of retail sales in the electric industry in North Carolina were delayed until wholesale deregulation has had "a chance to operate," there may be no reason to pursue retail restructuring, says Emmett S. Patterson, manager of Pee Dee EMC.

In written comments submitted to the state's deregulation study commission, he described wholesale deregulation (already in effect nationwide) as a major change that could bring consumers the benefits of retail restructuring without the kind of disruption that will be required to permit customer choice at the retail level.

"Given the opportunity," Patterson said, "I feel that the long-term effects (of wholesale deregulation) will be equal to what the proponents claim (for retail deregulation) but without the total disruption of the industry that deregulation will have."

This disruption will almost certainly bring "winners and losers," and economics dictate that the losers will include residential consumers and small businesses, he said, adding: "The average residential bill in our area is approximately \$100 per month. A depositor in a bank with \$100 gets the poorest rate compared to the \$100,000 or \$1 million depositor. Telephone companies give huge breaks to larger users, as does the gas industry. The electric industry, under deregulation, will be no different. Even the nation's largest marketer and a major advocate of deregulation has been quoted as saying that his company was not interested in the residential market for they couldn't make money in that area."

"I would respectfully urge you to go slowly and give the deregulation of the wholesale market a chance to operate," Patterson said. "It's quite possible that this will be enough to achieve the goal of providing power at the lowest cost."

Pee Dee EMC serves about 18,000 accounts and has offices in Wadesboro and Rockingham.



Emmett S. Patterson

Co-op America puts "green pages" on-line

Co-op America's National Green Pages, a directory of environmentally—responsible businesses, is now searchable as Green Pages Online at www.green-pages.org.



The site is searchable by company, category and keyword. Type "clothing" and 108 listings pop up. Health and food-related listings include hundreds of retailers, wholesalers and catalog businesses specializing in a wide range of natural, organic, alternative or other products and services. Searches can also be focused by state, or sorted for mail-order businesses, retail outlets or Internet shopping.

Co-op America is a national nonprofit organization promoting effective consumer and business solutions to environmental and social problems. Contact them at 1-800-58-GREEN or www.coopamerica.org.

Keeping up with our neighbors

Virginia's legislature approved a bill, signed by Gov. James Gilmore (R), that lays out a schedule for implementing full retail competition in the state on Jan. 1, 2004. The bill calls for the beginning of a transition to retail competition on Jan. 1, 2002. It includes provisions for ensuring reliability and environmental protection.

Meanwhile, despite bills pending in the legislature, the South Carolina Public Service Commission has suggested a slow, studied approach to restructuring. The commission cited the state's average cost of electricity and strong economic development as reasons for not rushing into restructuring.

A group known as South Carolinians for a Reasonable Approach to Electricity has also called for a slow approach to electricity restructuring. The organization said questions of how the process will affect the elderly, the impoverished and the disabled must be answered first.



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23	---	---	13.30	12.07	22.75	19.68	38.50	32.37
24	---	---	13.30	12.07	22.75	19.68	38.50	32.37
25	---	---	13.30	12.07	22.75	19.68	38.50	32.37
26	---	---	13.38	12.16	22.96	19.90	38.93	32.81
27	---	---	13.47	12.16	23.18	19.90	39.37	32.81
28	---	---	13.56	12.25	23.40	20.12	39.81	33.25
29	---	---	13.65	12.25	23.62	20.12	40.25	33.25
30	---	---	13.65	12.33	23.62	20.34	40.25	33.68
31	---	---	13.73	12.33	23.84	20.34	40.68	33.68
32	---	---	13.82	12.42	24.06	20.56	41.12	34.12
33	---	---	13.91	12.42	24.28	20.56	41.56	34.12
34	---	---	14.00	12.51	24.50	20.78	42.00	34.56
35	---	---	14.26	12.68	25.15	21.21	43.31	35.43
36	---	---	14.70	12.95	26.25	21.87	45.50	36.75
37	---	---	15.22	13.30	27.56	22.75	48.12	38.50
38	---	---	15.75	13.65	28.87	23.62	50.75	40.25
39	---	---	16.45	14.08	30.62	24.71	54.25	42.43
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42	---	---	18.90	15.75	36.75	28.87	66.50	50.75
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47	---	---	26.16	20.38	54.90	40.46	102.81	73.9
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49	---	---	29.57	22.40	63.43	45.50	119.87	84.0
50	---	---	31.50	23.62	68.25	48.56	129.50	90.1
51	---	---	33.86	25.02	74.15	52.06	141.31	97.1
52	---	---	36.48	26.60	80.71	56.00	154.43	105.0
53	---	---	39.63	28.43	88.59	60.59	170.18	114.1
54	---	---	43.48	30.62	98.21	66.06	189.43	125.1
55	27.43	20.08	47.86	33.16	109.15	72.40	211.31	137.8
56	29.92	21.56	52.85	36.13	121.62	79.84	236.25	152.6
57	32.68	23.10	58.36	39.20	135.40	87.50	263.81	168.0
58	35.65	24.76	64.31	42.52	150.28	95.81	293.56	184.6
59	38.89	26.60	70.78	46.20	166.46	105.00	325.93	203.0
60	42.30	28.52	77.61	50.05	183.53	114.62	360.06	222.2
61	45.98	30.58	84.96	54.16	201.90	124.90	396.81	242.8
62	49.87	32.76	92.75	58.53	221.37	135.84	435.75	264.6
63	53.98	35.08	100.97	63.17	241.93	147.43	476.87	287.8
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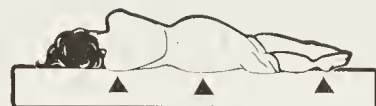
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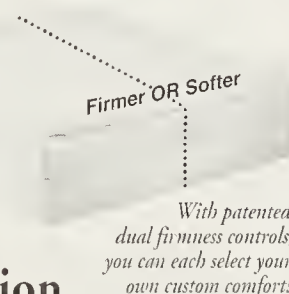


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Nothing could be finer

It Works for Me

Your stories on the finest job you ever had

We often hear that North Carolina breeds some of the most diligent and devoted workers anywhere. The stories we received on this month's subject — some 200 of them — certainly testify to that phenomenon.

Don't let anyone try to tell you that living in the country confines you to a dull existence of drudgery, low pay and dead ends. As these stories show, we all can find rewarding work and good company when we put our minds and muscles into a job. A little heart and soul helps, too.

Next month, we'll run a selection of your stories on memorable meals. (The deadline was May 15.) Look on page 12 for guidelines on the rest of our series.

Spinning, creeling, winding, doffing

In June of 1966, I went to work for the Hillcrest plant of Burlington Industries on Lincoln Drive in High Point. It was a textile plant where we took raw yarn and put a twist in it to make it stretchy. We used such fabrics as nylon, orlon, dacron, and polyester. It was run on ARCT spinning frames.

I worked there until 1976, when they went out of business.

After vacations, I would walk back into the plant and I would love just the sound of those machines. Many times I walked to work, got there two hours early, and climbed the fence to get inside.

I remember a time I worked 102 hours in one week, and the plant manager came out and made me go home. He said he didn't have a man in the plant that would work like that.

I did almost every job in the plant: spinning, creeling, winding, doffing. I was also an end counter with the industrial engineering department.

Last but not foremost, the people there were like family to me on all three shifts. Hello guys!

Carol E. Lowder Moore
Thomasville
Davidson EMC

On the open water

The best job I had and have is commercial fishing. The day starts on a boat right off Bonner Bay to check crab pots. It's kind of like an Easter egg hunt and Christmas combined. You never know how many crabs there will be or what surprises.

Being on the water with the sun glistening and a soft breeze blowing, watching the seagulls and pelicans soar through the air following the boat — this is only part of a lovely day. Some days you see porpoises teaching their young to fish and watch for danger. Or you may see a deer or bear standing in the marsh watching you. You may have a big old flounder in your crab pot or a tiny little seahorse hanging onto the wire.

Hearing the trawler diesels sing out across the water. Watching peelers shed out to soft crabs is like new life being born, wriggling out of their old shell.

This work offers nature education, the freshest seafood for your table and pay, even after all that enjoyment.

Betty Clapp
Florence
Tideland EMC



Listening, understanding, encouraging

Each morning I leave my comfortable, cozy home to face a day filled with uncertainties. Whether talking with people in my office or visiting them in their homes, my job is to provide care and compassion.

All in a day's work I may meet one who needs food, another who requests clothing and another who merely needs a listening ear. I may visit dilapidated homes so far up in the mountains that one would doubt electricity could ever reach them, but it does. There I find isolated families eager for a visitor. I briefly step into their lives. I listen to their stories and try to understand their needs. I provide what help that I can, and then I am off to another.

I am a social worker for the local health department. Every day I am amazed by the strength and endurance of the families I work with. They often accomplish so much with so little. Frequently, all they need from me is a little encouragement. I strive to help them reach their potential and accomplish their goals.

I end my day driving home and knowing that I have made a difference in the lives of others. With the gratitude of these people, the support of my own family and the support of wonderful co-workers, I return the next day inspired to make more differences.

Movita Stanley
Boone
Blue Ridge EMC

Priming tobacco

On a long-awaited day in the summer of 1962, when I finally turned 10 years of age, I was able to hire out to a neighboring farmer on a tobacco priming day. My 50 cents per hour was for handing leaves (three to a bunch) from the sled to the tier, who slung those bunches over a stick while rhythmically switching the white twine back and forth across the tie horse. For hours I would stand on one leg and then the other, slapping sweat bees, dodging egg-covered green tobacco worms, and longing for break time when I would get a Moonpie and a Double Cola.



Under the shade of the barn shelter we worked until the sharp fingers of late afternoon sun wilted the tobacco and us with it. I rubbed black tobacco gum off my fingers and kept adding to a ball already the size of a jawbreaker.

I didn't want to count my chickens before they hatched, but the 50-cent pieces stacked up in my head. By quitting time I had amassed a fortune! When I got a \$5 bill and a \$1, I laughed out loud. That night I fell asleep with the Sears Roebuck catalog across my chest and dreams of beautiful things in my head.

I learned life-long lessons that day, like having to stick with a hard job to completion, and knowing the satisfaction of going to bed dog-tired from hard work. That work taught me perseverance that enabled me later in life to go on against the odds, trusting God to achieve my goals.

Arlene S. Neal
Lenoir
Blue Ridge EMC

Raising angels

For a woman, there is no job in life more rewarding than being a mother. God entrusted me with three beautiful little angels, to raise, mold and set on the road of life. From tiny babes in arms to toddlers with skinned knees; through the tiny cuts and little boo-boos that Mommie's kiss could always cure; through prayers, laughter, tears, heartaches and being bone-tired. I loved every minute of it. A smile, a kiss, a hug, a "Mommie, I love you" made it all worth while.

Then suddenly you see God-fearing, loving, gentle, productive adults, and you wonder how it all came about. Now each of my angels has angels of their own, and they teach them the values of life I was taught. So I continue to be blessed, on and on.

Frances Franklin
Morganton
Rutherford EMC

On the hard seat of a Silent Flame

At the time, it seemed like hard labor: harvesting or "barning" tobacco as we called it.

As a teenager in Duplin County, I spent my summer vacations in the tobacco fields. Sweat, sand, snakes, bugs, laughter and tears were all part of the long days on the hard seat of a Silent Flame. I was so happy some days I would have worked for free. Others, well, the \$1 per hour did not seem to justify the torture. Many days I day-dreamed about an "easy" job in a nice, clean air-conditioned office.

There were people on that Silent Flame under the age of 15. Between us we established a special bond of kinship and survival. Today we like to reminisce and relive some of our favorite memories. We enjoy them now almost as much as we did back then.

I now realize the friendships, memories (good and bad) and the work ethic developed during those years was the real payoff from that job. Today I have that "easy" job in a nice, clean, air-conditioned office, and some days I find myself day-dreaming about that old Silent Flame.

Billy Waters
Mt. Olive
Tri-County EMC

Aboard the "Primrose"

Imagine traveling the inland waters of North Carolina, from Coinjock to Calabash, and getting paid for it. I had that job aboard the U.S. Coast Guard cutter "Primrose," homeported in Atlantic Beach. From the tea-brown, tree-lined Chowan River to the tropical green water and white sands of Lockwoods Folly Inlet, we maintained navigation markers and worked against a backdrop of the most stunning scenery imaginable.

Unpredictable weather meant weird and wonderful things were always happening. Once, on Currituck Sound, the sun was rising over the Outer Banks while a small rain squall approached from the west. The result was a magnifi-

cent rainbow. As the squall neared, the rainbow grew and became a full circle.

I live in the mountains now, but often reflect back to my days on the water: watching dolphin play in the ship's wake, pulling a sailboat off a sandbar behind Shackleford Banks, digging clams at low tide in the Cape Fear River, or that calm and clear winter night when Venus shined so brightly it reflected on Pamlico Sound like the Christmas Star.

CWO3 R.S. Argo (Ret.)
Murphy
Blue Ridge Mountain EMC

Professional babysitting

At age 11, I started babysitting. A good deed convinced the mom that I was mature enough. A precious blond-haired preschooler fell at church while running and scraped her knees. I picked her up, washed her knees and hugged her. I thought nothing else about it until several days later when the mom came to my house asking me to baby-sit. Of course, I agreed and began to start keeping this girl and her younger sister.

Twenty-eight years later, I am a pediatric nurse. I am still babysitting in a sense, but with children who have medical problems. Some of them are terminal. Most of the time it is a happy job and all I have to do is play. It is a job where I can truly give of myself, reap the rewards of self-satisfaction and even receive a paycheck. Sometimes I feel guilty when I receive my check. For some reason I think that a job isn't supposed to be fun, but mine is.

Kathy M. Pennigar
Monroe
Union EMC

more on next page →

Nothing could be finer



Raising kids

Up early, out in the cold, the rain, the heat, whatever the weather might be, that's what this job requires every day, seven days a week. I'm a goat herdsman, and I love every minute of it.

Raising pygmies, Nigerian dwarfs, and helping my dad with Boer goats has become a full time job almost. They require a regular feeding schedule of grain every morning and evening, and several trips daily for clean water, and in cold weather it must be warm water. Then there's the filling of hay holders with a good quality of hay. And the fun part: cleaning the house twice daily. This means taking out the little droppings that they just love to leave behind everywhere.

I use my kid goats in my 4-H Club. It's funny to see young children see baby goats for the first time and touch them. They ask questions that you could never dream up. But let me tell you the best part about this job: When the goats come up to you and look up with those big loving eyes, and all they want in return is your love and attention. The soft bleating of them talking to you when they see you coming. I would not take anything in the world for this job.

Janet Efird
Oakboro
Union EMC

How to meet a man

After high school graduation in 1947 I went right to work sewing for Blue Bell in Lenior. Things went well for awhile, but in February 1948 I got upset over something and walked out. I took the bus toward home but did not get off in Granite Falls. I went to Hickory and found a job the same day at Goodnitters Sleepwear. By that time I was fast at sewing flies in men's jeans, so I was pretty sure I could sew anything. Sewing pockets on children's pajamas was easy.

A day or two after starting work I saw this tall, skinny, good-looking boy going through the plant. He was the shipping clerk, and he seemed to like looking my way. Before long we were dating, and by fall we were married. Things haven't always been as great as that summer, but we're still together and will celebrate our 50th anniversary in October.

Pearl M. Eckard
Myrtle Beach, S.C.
Blue Ridge EMC

On the special ed. bus

Writing silly poems, learning new songs, getting hugs and kisses are just a few of the fringe benefits that I receive daily in my work as a monitor on the Chatham County Special Education School Bus.

It amazes me to hear children who once couldn't talk begin to be understood. There's Johnny*, who had to be carried, and who today walks by himself. Some children were unmanageable, but most days now you find them sitting in their seats giving us very little trouble.

Three-year-old Sam*, when he started riding the bus, kicked, hit, spit and screamed until nearly all of the children covered their ears. He fought anyone who tried to put him in his seat. Now, only a few weeks later, we see him eagerly climbing into his seat. He shouts a bit, but mostly he sings and laughs. He often asks me to sit with him. No one could sit with him before. He's happy.

Being with these precious children, seeing the remarkable changes in their lives, and knowing that I have a small part in what's happening makes this job the finest I ever had. (*I didn't use their actual names.)

Amy Woolf Garner
Bennett
Randolph EMC

Send us your stories and photos. Earn \$50.

Here are the themes and deadlines for the coming months of "Nothing Could Be Finer." You don't have to be a superior writer to send us a letter. Put your heart into it, as the writers this month did.

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. Typed or e-mail, if possible. Otherwise, make it legible.
4. Include your name, electric co-op, mailing address and phone number.
5. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
6. We pay \$50 for each submission published.
7. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com

August

The Finest Lesson I Ever Learned at School
Any grade, any school.
Deadline: June 15

September

The Finest Pictures of North Carolina, a photo contest.
North Carolina people and places.
Color or B&W.
Deadline: July 15

October

You're So Fine: Why I Like My Electric Cooperative
What does your electric cooperative mean to you?
Deadline: August 15

November

The Finest North Carolina Gift You Can Give
(Made in North Carolina.)
Deadline: Sept. 15

December

The Finest Story in North Carolina History
Historical truths, humorous or otherwise.
Deadline: Oct. 15 ■

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Jerry's job

By Elizabeth Hunter

*Communities
and cooperatives
grew up with
the same values.
Jerry Plemmons
tries to ensure
they endure.*

What strikes me right away, when I look around Jerry Plemmons' office, is that he and I have the same print on our walls—a black and white line drawing that ran in Appleton's Journal, probably 120 years ago, of "A Farm on the French Broad River, North Carolina."

The print exaggerates the slope of ridge to river; the mountains in the background look more like the Alps than the Southern Appalachians. High on a cleared hillside beside a log cabin, two farmers guide horse-drawn plows between rows of knee-high corn. Below them, covered wagons negotiate a narrow road.

The drawing could have been made practically anywhere along the French Broad as it flows through Madison County, a wildly beautiful patchwork of farm and forest on western North Carolina's violently rumpled bed. It reveals the strength of not only the landscape, but also the strength of character that people needed to survive here back when communities such as Shut-In, where Jerry Plemmons lives, earned their names.

The days when life in Madison County resembled the picture in Appleton's Journal are gone and will not come again. Millions of dollars are being spent on new highways. It's increasingly easy to live in once-remote places like Walnut, Big Laurel, Spring Creek, Luck or Trust and commute to a job in Asheville or Waynesville. New folks are buying land and moving in; natives are exchanging farm work for factory and office jobs. Shut-In no longer describes these communities anymore. In fact, as Jerry Plemmons knows as well as anyone, the whole idea of community has changed.

**We do as well as
our communities do**

A Madison County native, Jerry Plemmons grew up in Marshall, a river town and the county seat. Since 1982 he has worked with French Broad Electric Membership Corporation. He divides his time about equally between energy conservation (helping members with "high usage patterns" find ways to reduce their energy consumption) and economic and community development.

"Lots of electrical co-ops have people working in the area of economic development," he explains. "But 'community' is part of my title because my personal philosophy is that if you build community, you will have economic development, and that that development is more apt to be good development. Building an economic base is important, but it must be done in a way that reinforces community at the

Philip Morgan



Jerry Plemmons (left) with John Estes, executive director of the Hot Springs Health Program, looking over plans for Marshall's new medical center office complex.

same time. Our co-op's philosophy is that we only do as well as our communities do, and that, since we're member-owned, we should help build community."

How do you do that, exactly? "I have no idea how we perpetuate community and community-mindedness," Jerry says. "I know it's important, but to say I have any new and great idea of how to build a sense of community—God knows, I wish I did."

What Jerry Plemmons says about connecting communities is not really the point. What he does says enough. His work exemplifies the natural bond between a cooperative and its community.

Jerry has a bone-deep understanding of the skeletal structure undergirding the rural communities he remembers from childhood. He knows Madison County and its people through and through. He's in his late 50s now, and with the exception of eight months he spent at the Tennessee School of Broadcasting in Nashville right after high school and a two-year Army stint, he's never lived anywhere else. Coming home after trade school, he spent 10 years at a local radio station and eight years with the Office of Economic Opportunity, then worked briefly at a Marshall bank ("confined within four walls—a great opportunity, but not my cup of tea"). He recalls with delight his two years as coordinator of a cross-cultural program at Mars Hill College, after which he directed the county Council on Aging before signing on with French Broad EMC.

All of this has left him with some strong opinions about community and community building. Essential to it, he suggests, is inclusiveness, a willingness to blur lines in the sand rather than draw them.

Take his experience at OEO. He enjoyed the community organizing and housing rehabilitation projects he directed, but was frustrated by profound differences between the agency's philosophy and his own.

"The OEO view was that community organizations would be made up of low income, disadvantaged people," he says. "But I felt that the haves and the have-nots needed to work together. I still feel that way. Poverty is much more a state of mind than a state of the pocketbook. It seemed to me that people who had no idea that they fell within poverty guidelines made much better decisions than those who knew they had been defined as poor. It was difficult for me, at OEO, to talk about community in terms of demographics and money."

Now it's difficult for him to talk about community in terms of county lines. He serves on several county boards (the Madison Chamber of Commerce, Partnership for Children, Opportunity Corporation and the Hot Springs Health Program among them), but is even more deeply involved in regional projects. A member of the boards of Western North Carolina Tomorrow, Carolina West, WNC Associated Communities and the NC Foundation for Advanced Health Programs, he co-chaired a task force for HandMade in America when it was formulating its 20-year work plan.

Listing his involvement makes Plemmons nervous, not because he doesn't believe in each of the organizations he works with—he does—but because he dislikes tooting his own horn.

"Our co-op's philosophy is that we only do as well as our communities do, and that, since we're member-owned, we should help build community."



Philip Morgan

If you need directions as you visit Madison County, Jerry Plemmons is a good person to ask.

"People tend to see folks like me who attend lots of meetings as the great volunteers of their communities. I don't buy that," he says. "I do what I do because I get satisfaction from being involved, and because I think groups of people working together can get things done that people working alone cannot. A lot of people hate attending meetings, but I'm energized by them—if they're fast-moving, creative affairs."

How can communities endure?

Jerry Plemmons is encouraged by the success of volunteerism in organizations like Hospice, that have made compassionate caring a centerpiece of their service. He's encouraged too that sustainable development—an economic development concept that embraces community and continuity—is gaining ground.

"Look at HandMade in America," he says. "That's sustainable development. I see it as much more than a crafts program. It's a community program that builds a sense of pride—cultural pride."

Besides, he thinks "it's important that we think regionally. Too often, we're bound by county lines and

continued on page 16

Jerry's Job *continued*

other perceived boundaries. That's unfortunate, because as one mountain area benefits, so do others. The trend now is to talk about community in terms of a much larger area than we used to. Our concepts of community are changing. Get a group of people together, ask them to circle their community on a map. Some people would draw a circle that took in three miles, some 150."

These circles—the large and the small—are far from mutually exclusive. In fact, they're interdependent. As isolated communities are opened to the larger world by asphalt highways and information highways, the larger circles will grow. What Jerry Plemmons and others serving on those regional boards are trying to do is shape that growth in a way that will benefit the smaller, vastly more endangered circles.

That's "the real key," Jerry says, "to get back to the neighborhoods—to taking pride in where we are, who we're with, to feeling some sense of belonging. Back in the 1950s, when I was growing up, there were a lot of small strong communities—and a lot of community support systems. When someone was sick, people went in to help the family. They would harvest the crops—even plant the crops, if need be. They did it without a lot of fanfare. It was no big deal—it just happened."

"I'm aware that we tend to romanticize bygone eras," he goes on. "I certainly appreciate that the times in which we had real community were very difficult times—that people had to struggle to provide for their families. At that time, most people in the

community were struggling—all of them, together. And struggling together, they developed a sense of support, a security in knowing neighbors would help out in times of need."

Anyone who's been involved with a rural cooperative can find the old current of neighborliness still coursing through rural communities. Jerry Plemmons sees it every time a flood or a 30-inch snowstorm douses the lights in large portions of French Broad's service area. "After every outage we get lots of calls. A few people expect us just to be able to flip a switch and get their power back on, but the overwhelming majority are very understanding. And the men out working on the lines get incredible support—coffee, food, invitations to come in and warm up in front of the wood stove."

Perhaps that's because disaster is so democratic, leveling a playing field that has become increasingly uneven as hardscrabble farms are subdivided and expensive homes rise above old mountainside cabins and new doublewides.

The character of rural communities is changing as outsiders move in. To retain their old vitality, the outsiders and the insiders must get to know each other, Jerry says. "Whenever I talk to people, I stress the importance of knowing and getting along with your next door neighbor. If you don't, you're isolated." ■

Elizabeth Hunter is a writer in Mitchell County and a member of French Broad Electric Membership Corporation.

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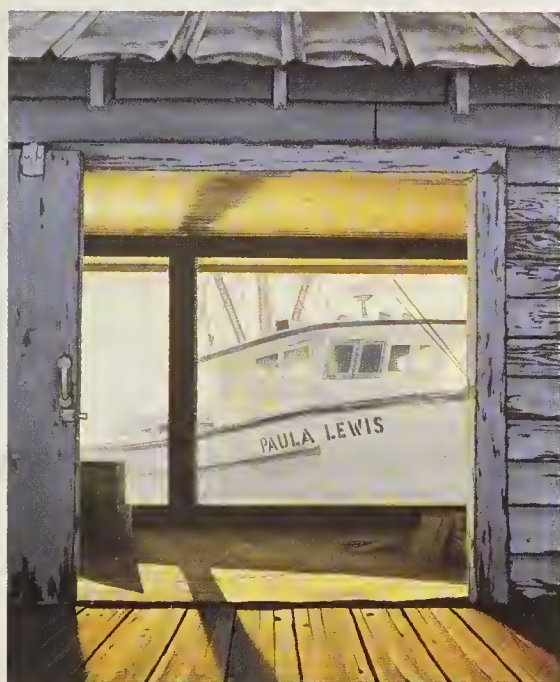


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"Runaway," oil on canvas, 15 by 42 inches.



"Morning Glory," oil on canvas, 32 by 36 inches.



"Some of Junior's Work," oil on canvas, 18 by 26 inches.

Call of the Sea

Paintings by Jack Saylor

Artist Jack Saylor is the featured artist this summer at the North Carolina Maritime Museum in Beaufort. The exhibition, entitled "Call of the Sea," includes scenes that depict the North Carolina coast.

A native of Winston-Salem, Saylor earned a degree in painting and design from Atlantic Christian College in Wilson and worked as a designer with Sarreid, Ltd., a home furnishings importer. In 1985 he spent a year in Spain and Italy, where among other activities he studied the work of Salvador Dali and began a series of paintings. That work, as well as work on return trips to Florence, Barcelona and the Mediterranean coast, refined Jack's understanding of Mediterranean light and further defined his lucid painting style.

His first solo exhibit was at the Maritime Museum in 1994. Since then he has mounted shows for the Davidson County Museum of Art in Lexington and the Arts Council of Wilson.

Recently, Jack Saylor was selected as the poster artist for October's North Carolina Seafood Festival.

Jack and his wife, Ann, have a home and studio on a salt marsh in east Carteret County. "The call of the sea is an incessant whisper," Jack says in a statement accompanying the Beaufort exhibition. "Once it enters it never leaves. Though it is but a whisper, it's as powerful as the ocean's waves. Like the waves, its power is derived from its persistence."

The exhibit at North Carolina Maritime Museum runs from June 27 through Sept. 13. The museum is located on 315 Water St. in Beaufort. Hours are weekdays from 9 a.m. to 5 p.m., Saturdays from 10 a.m. to 5 p.m. and Sundays from 1 to 5 p.m. Phone: (252) 728-7317.

The Mid Town Gallery in Winston-Salem represents Jack Saylor. Contact the gallery for information about his work and to be added to the mailing list: Mid Town Gallery, 209 W. 3rd St., Winston-Salem, NC 27101. Phone: (336) 725-8077.

A buyer's guide by Sharon O'Malley

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4. Walk the dog.

You can't blame bad weather for foiling your workout plans if you have an indoor treadmill. And now your dog can't, either. Icon's Image WideStride Duo 48 treadmill has room for you and your best friend to jog together in your warm, dry home. The 48-inch wide, 55-inch long treadbelt features six workout profile programs, from mild to strenuous; you select any speed from zero to eight miles an hour. The machine is available through special order only from the company for \$6,995. Call (800) 284-5123 to order.

5. Scat mat.

Keep kitty from getting too close to the Christmas tree and Rover off your expensive living room couch—even when you're not looking. Lay Contech Electronics' Scat Mat in front of any restricted area, plug it in and your pets will respect the boundaries you've set. The vinyl mat, which comes in rectangular, half-circle and full-circle sizes, surprises the animal with a sensation that feels like static electricity to the touch. It doesn't take long for Fluffy or Fido to get the message: Keep off! Scat Mats are sold for \$79 to \$149 through mail-order pet catalogs and pet stores. Call (800) 767-8658 to find a dealer near you.

This guide is for informational purposes only and not intended as an endorsement by the North Carolina Association of Electric Cooperatives.

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Today, the natural Vinegar weight loss plan is a reality after years of research by noted vinegar authority Emily Thacker. Her just published book "Emily's Vinegar Diet Book" will help you attain your ideal weight the healthiest and most enjoyable way ever.

You'll never again have to count calories. Or go hungry. Or go to expensive diet salons. Or buy pills, drugs.

You'll eat foods you like and get a trimmer, slimmer figure-- free of fat and flab-- as the pounds fade away.

To prove that you can eat great and feel great while losing ugly, unhealthy pounds the natural Vinegar way, you're invited to try the program for up to 3 months on a "You Must Be Satisfied Trial."

Let your bathroom scale decide if the plan works for you. You must be satisfied. You never risk one cent. Guaranteed.

What's the secret? Modern research combined with nature's golden elixir.

Since ancient times apple cider vinegar has been used in folk remedies to help control weight and speed-up the metabolism to burn fat. And to also aid overall good health.

Now-- for the first time-- Emily has combined the latest scientific findings and all the weight loss benefits of vinegar into a program with lifetime benefits-- to melt away pounds for health and beauty.

If you like food and hate dieting, you'll love losing pounds and inches the Vinegar way.

Suddenly your body will be energized with new vigor and zest as you combine nature's most powerful, nutritional foods with vinegar to trim away pounds while helping the body to heal itself.

You'll feel and look years younger shedding unhealthy pounds that make one look older than their age.

According to her findings, staying trim and fit the Vinegar way also provides preventive health care against the curses of mankind-- cancer, heart disease, diabetes, high cholesterol and blood pressure and other maladies.

In fact, the book's program is so complete that it also helps you:

- Learn secrets of ageless beauty and glowing skin
- Help build the immune system, to fight arthritis and disease
- Speed the metabolism to use natural thermogenesis to burn fat

PLUS so much more that you simply must use the book's easy Vinegar way to lose all the weight you want to lose-- and enjoy all its other benefits-- before deciding if you want to keep it.

To Lose Pounds and Enjoy a 90-Day No-Risk Trial... Do This Now To Get Your Personal Copy of the Book:

Simply write "Vinegar Diet" on a piece of paper and send it with your check or money order of only \$19.95 plus \$2 shipping and handling to the publisher: The Vinegar Diet, Dept. FD3194, 718 - 12th Street N.W., Box 24500, Canton, Ohio 44701.

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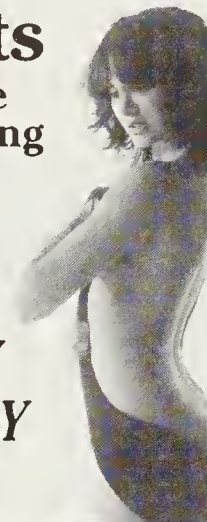
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LOSES 97 POUNDS



"I went down to 183 from 280... I feel and look different."
V.S., Meridian, MS

QUICK WEIGHT LOSS



"I dropped 30 pounds so fast it scared me!"
J.G., Sivley, IL

LOSES INCHES FAST



"Have started using the honey and vinegar and already have lost one and a half inches from my waist in one and a half weeks."
Z.L., Pensacola, FL

Above statements are extracted from letters received by the publisher from readers

**Testimonials are atypical, your weight loss may be more or less.*

Clicking with Faith Popcorn

By Carla Burgess

“Find an insight you have that’s not your job, and start a business around it.”



Faith Popcorn

Kathy Norris of the Greater Raleigh Chamber of Commerce made an accurate prediction the day before trend-forecaster Faith Popcorn was to speak at the Small Business Expo '98: Get there early if you want a seat.

Indeed, early-arrivers were stumbling for the coffee urns at the Raleigh Convention & Conference Center and forming a queue well in advance of the April 2 morning keynote address by the woman *Fortune* magazine called the “Nostradamus of marketing.” And it was standing-room only when Popcorn took the podium wearing a black pantsuit and sporting a swath of pink and white in her close-cropped red hair.

The author of “The Popcorn Report” and the more recent “Clicking” (with co-author Lys Marigold), Faith Popcorn also runs a New York marketing and consulting firm, BrainReserve. Her reputation for accuracy in trend-prediction has earned her such blue-chip clients as AT&T, American Airlines, PepsiCo and Rubbermaid. “Clicking,” as Popcorn defines it, means being in sync with trends and using this know-how to gain personal and financial satisfaction.

Born Faith Plotkin, today’s Faith Popcorn also knows the value of choosing the right name (somehow, “The Plotkin Report” probably wouldn’t have had the same curb appeal). In fact, choosing a name is just one of the many pieces of advice she offers as intimately as if she’d been talking to each of the audience members personally. Her matter-of-fact, even irreverent delivery is highly entertaining, and in that regard, she’s a walking trend herself. People want to be entertained. Additionally, the public also has an insatiable craving for self-help artists: It seems the first step to helping ourselves is finding someone to tell us how to do it.

“Clicking” has got it all. The newly released, revised paperback version addresses 17 trends with various cleverly trendy monikers, including “Femalethink,” “Icon Toppling,” and, the one for which she’s most renowned, “Cocooning,” the retreat to “homelike” life. For the Raleigh Business Expo audience, she focused on the importance of spotting trends and capitalizing on them to succeed in business, including one-on-one marketing (Popcorn calls the consumer desire for customized, individualized products and services “egonomics”).

Most people are not happy with the services they use on a daily basis, she says. If businesses can find out how to please them, and promptly, they’ll have an edge, Popcorn told the North Carolina business gathering.

“Find the big black holes of marketing and fill them,” says Popcorn. “You cannot show me a successful entrepreneur today that has not filled an ‘Are you happy?’ gap.”

And if you can’t spot the trends, spot the trend-spotters. If a product or campaign puzzles you, “write it down.” You can make sense of it later. It’s what Popcorn did when she saw a Glade “devotional candle” on the supermarket shelves. Later, she was able to interpret it as part of the trend she calls “anchoring” or people’s return to spirituality and comfort zones.

“The things that ‘don’t fit’ are those big neon arrows that are going to take you to the future. Every trend has 10 to 12 years leading up to it,” she says. “We love angels now. PromiseKeepers. Genealogy.”

The success of Evian’s bottled water? “AtmosFear,” answers Popcorn. The success of the Saturn car company, with its emphasis on building lasting relationships with the customer? FemaleThink or “Eve-olution,” is her answer. “Who wants to go to a car party? Women do. Women don’t buy brands. They join them.”

And don’t forget: A great business idea doesn’t have to be logical. Barnes & Noble Bookstore is a case in point, she says. So what if people don’t read anymore? It didn’t stop the founder of the mega-chain bookseller. Put truckloads of books in a comfortable atmosphere, add cappuccino and customers, stir well, and you’ve fed the trend called “clanning.”

“He realized that people would want to buy books and have books without actually reading them,” says Popcorn. “They’re not reading,” she says of the store’s customers, “they’re meeting.”

Another Faithism: Make your professional self happy.

“Look at the things you love to do,” she says. “That could be your work. Find an insight you have that’s not your job, and start a business around it.”

And finally, Popcorn issued a warning for companies who put too much stock in their business’s location. Today’s customers love to buy through catalogs, television shopping networks and computer outlets, and that trend is not going away. “Don’t fall in love with your real estate,” she says. ■

Carla Burgess is a freelance writer in Raleigh.

What So Proudly We Hail

Why we honor the stars and stripes forever

By Peggy Howe

On June 14, 1777, the "Stars and Stripes" became the official United States flag — the date now observed as "Flag Day." All across our nation and beyond, Americans will be flying "Old Glory" with pride, reverence and respect.

Or will they?

How many Americans recognize and observe Flag Day? This year marks the 100th anniversary of the founding of The American Flag Day Association which, along with other organizations, began urging the establishment of a national flag day. In 1949, Congress passed the bill designating June 14 each year as Flag Day.

For more than two centuries, our flag rippling in the breeze, has been an inspiration, awaking all kinds of emotions. One of the early episodes occurred during the War of 1812. As dawn broke, during British bombardment of Baltimore Harbor's Fort McHenry, a young attorney named Francis Scott Key, eagerly watching, was overjoyed to see his country's flag still waving in the breeze. He was stirred to write the words which eventually became the United States national anthem.

History is replete with stories of battlefield heroism when a flag-carrying soldier fell in combat, another rushed forward to ensure the flag did not touch the ground.

Other thrilling scenes come to mind, including the planting of our flag as Admiral Richard Perry reached the North Pole in 1909. Also, who can forget the Marines' flag raising at Iwo Jima during World War II and as American astronauts placed our flag on the moon?

The flag is the sacred symbol of freedom that has lifted the hearts of Americans for more than these two centuries, the shining light luring thousands emigrating to our shores each year.

Old Glory's components include the blue 50 star "union" plus the 13 alternating red and white stripes. Red stripes indicate hardiness and courage; white is the symbol of purity and innocence; blue stands for vigilance, perseverance and justice.

A living flag, it grows as our nation grows — with a new star for each new state. Now being mentioned is the addition of Puerto Rico as our 51st state.

Owning and displaying it properly are marks of patriotism and respect. Congress created "The Flag Code," the official rules for honoring the flag, specifying how and where it shall be displayed. Guidelines state that the flag should be flown daily, sunrise to sunset in good weather from public buildings and may appear at night on special patriotic occasions. On Memorial Day, it flies at half staff until noon.

Civilian use is simple and clear, but United States military units have additional regulations, including displaying it on national and state holidays throughout the year, and at polling places on election days. The flag flies at half staff when the entire nation mourns, such as at the death of a president. A flag flown upside-down indicates an emergency or dire distress.

Special rules exist for carrying the flag in a parade or color guard, or on a speaker's platform. Other rules outline displaying inside and outside, plus details for caring for and folding correctly. It should always be carried aloft and free, or stored so that it may not be damaged or soiled. When worn or soiled and no longer suitable for display, the flag should be destroyed in a dignified manner, preferably by burning.

Pres. Woodrow Wilson described our flag as a "symbol of hopes, beliefs and accomplishments of a nation. The things the flag stands for were created by experiences of a people. Everything it stands for was written by their lives."



So, on this 100th anniversary, June 14, unfurl your flag, renew your respect and show your pride in being American.

For a thorough lesson in the U.S. flag, including the words to all four verses of our national anthem, visit the World Wide Web site www.usflag.org

The North Carolina National Guard Association offers a free pamphlet stating rules and regulations for flag etiquette and display. For a copy, contact: The NC National Guard Association, 7410 Chapel Hill Road, Raleigh, NC 27607. Phone: (919) 851-3390. ■



Carolina close-up

Museum of the Cherokee Indian re-opens with new technology

The Museum of the Cherokee Indian on the Qualla Boundary in Cherokee will re-open its doors on June 13, after a 5-month, \$3.5 million renovation to its exhibit areas.

The Museum still tells the story of the Cherokees, but the new interactive exhibits will do it with the most innovative technology—computer-generated images, lasers, special lighting and sound effects. Visitors will walk a chronological tour of Cherokee life, through time zones representing specific periods or events. A Cherokee woman will be the narrator and guide, and she will age as the tour progresses. They will be involved in the Cherokee story, from pre-history to the 20th century. Children will play a butter bean game, while adults shiver along the snowy Trail of Tears.

The museum is located on U.S. Highway 441 in north Cherokee. For more information, call (704) 497-3481.



Promoting NC cotton

Jart Hudson, a farmer in Sampson County, has been named to the 1998 Cotton Coalition, a group that promotes the U.S. cotton industry. Hudson is a member of Four County Electric Membership Corp. He is a shareholder of Tri-County Gin in Mt. Olive and farms 1,500 acres of cotton, 150 acres of tobacco and 75 acres of peanuts.



Appalachian Summer Festival lands Willie Nelson

What do country singer Willie Nelson, internationally renowned pianist Andre Watts, the Legendary Preservation Hall Jazz Band from New Orleans and the North Carolina Symphony have in common? These artists – plus more – will appear as part of An Appalachian Summer Festival, July 5- August 1 on the campus of Appalachian State University in Boone.

The relaxed mountain setting and scenic beauty of western North Carolina's high country distinguishes this summer arts festival from all others. Presented by Appalachian State University, the festival's music, dance, theatre and visual arts programs feature world

renowned performers and visual artists, as well as some of the most exciting "up and coming" artists of tomorrow.

The festival offers vacation packages and mini-packages geared to a variety of artistic interests, including a mix of classical, jazz and folk concerts, ballet and modern dance, theatre performances, visual arts exhibits, and a variety of workshops and lectures.

Willie Nelson will be the headliner for the festival's Outdoor Fireworks Concert, sponsored by Blue Ridge Electric Membership Corporation, to be held Saturday, August 1 at Kidd Brewer Stadium.

The festival will host a "Family Series," including young people's concerts/performances by the North Carolina Symphony, Ballet West, the Broyhill Chamber Ensemble, David Holt and John McCutcheon. A special program by the Smithsonian Institution, free creative writing workshops for children and teens, and a visual arts workshop series for children will also be offered.

Tickets for most festival performances are \$16 for adults, \$9 for students and \$2 for all children age 12 and under (with special pricing for Willie Nelson and Andre Watts concerts.) Season tickets, plus a variety of other ticket packages are available at discounted prices.

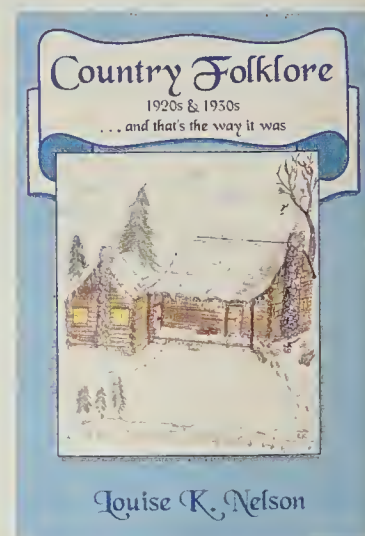
For information, call (800) 841-ARTS.

Book chronicles life before electricity

Within the covers of "Country Folklore: 1920s & 1930s...and that's the way it was," by Louise K. Nelson, country life is remembered as a simpler time. Through words and pictures, the author explores the way country living was for poor tenant farmers in the mountains of North Carolina during the decades of the 1920s and 1930s.

Mrs. Nelson says that she was inspired to write this book by her family's reminiscing about the days gone by. "My grandparents were very poor tenant farmers, but this didn't hinder them from making a good living. They learned to save, preserve and can fruits and vegetables and to make our clothes from feed and flour sacks. We learned to cope with life by sharing and loving each other, by doing extra work to have the food and clothes we needed and to be happy. We moved on, [but still have] happy memories of our early lives."

To order the book, send your name, address and \$13.55 (includes shipping & handling) to: Louise K. Nelson, 1336 Asheville Road, Waynesville, NC 28786; or call (704) 456-3760 for more information.





"Layoff meeting"

"Closing: The Life and Death of an American Factory"

Photographer Bill Bamberger documents the 1993 closing of the White Furniture Co., in Mebane, in a poignant photography exhibit on display at the North Carolina Museum of Art in Raleigh from July 26 through Oct. 18.

In powerful black and white images, and respectful color, Bamberger captures the dynamic life of the factory and its workers. The exhibit consists of 55 images in wood frames crafted by one of the former White Furniture workers.

The family-owned firm (the "South's oldest maker of fine furniture") was first sold to a corporation and then shut down in May 1993. Approximately 203 men and women were left out of work. Bamberger took the photographs during the last four months of the plant's operation.

Bamberger recorded the vitality of the plant and the craft and camaraderie of workers, many of whom had been together for 30 to 40 years. He also photographed the dismantling of the plant and the sale of its machinery.

"As they were selling it off it was like they were tearing us apart from inside and selling us off in pieces," said one 31-year White veteran.

A Mebane resident, Bamberger has been photographing American people since 1979. His work has been shown throughout the United States and has appeared in the *New York Times Magazine*, *Aperture*, *Vogue*, *Fortune* and *DoubleTake*.

A new book by Cathy N. Davidson accompanies the exhibition. The book details the factory's history and the individuals who made the furniture.

The exhibit will travel to the Light Factory in Charlotte, and the Yale University Art Gallery in New Haven, Conn.

For information about the Raleigh exhibition, call (919) 839-6262.

Information on property condemnation

Can your property be condemned for public use? How do the condemnation proceedings affect you? Can you do anything to protect your property? In 1981, the N.C. General Assembly enacted a new law that gives cities, counties and some private companies the power to condemn property to benefit the public.

A second edition of the book, "Eminent Domain Procedure for North Carolina Local Governments," by Ben F. Loeb, Jr., a professor of law and government at the University of North Carolina at Chapel Hill, explains the law and the court cases affected by it. The book offers guidance to public officials and property owners about how the condemnation procedure works. The book also includes the law from the state's general statutes and the two dozen forms used in eminent domain.

For more information or to order the book call the Publications Sales Office, Institute of Government, UNC-CH, at (919) 966-4119.

Women smokers wanted for UNC study

Researchers at the University of North Carolina at Chapel Hill's School of Medicine are looking for rural women smokers (especially from central North Carolina counties such as Rockingham, Caswell, Person, Vance and Granville) for a new study of hormone replacement therapy and heart disease.

Healthy volunteers age 45 to 70 who are not taking estrogen may qualify for the study, which will offer \$450, up to \$150 additional for travel expenses, free medical tests and free hormone treatment. The study visits will be conducted at UNC-CH and local health departments.

Volunteers from rural areas are being sought because women outside cities and towns have been under-represented in past studies of heart disease, says Dr. Susan Girdler, assistant professor of psychiatry and study director.

"Hormone replacement therapy is simply giving back to postmenopausal women estrogen and progesterone, which are naturally occurring," says Girdler. "After menopause, women's bodies stop producing these hormones, which help protect them from osteoporosis and heart disease." After menopause, when estrogen production is reduced, adds Girdler, the risk of cardiovascular death for women greatly increases to three to six times that of premenopausal women. Cardiovascular diseases are the leading cause of death for both men and women.

According to a Boston study, postmenopausal women receiving estrogen cut the risk of a heart attack by 50 percent. The UNC-CH research will also study whether women smokers who are at risk of cardiovascular disease could benefit even more from supplemental estrogen.

For more information about the study, call project coordinator Lynn Martin at (919) 966-2547.

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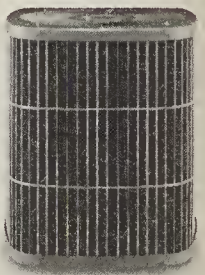
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Neuse River Days

June 5 to 7, New Bern

"A Day in the Life of the River" is three days of fun, games and serious talk about the Neuse River and to raise funds to support the RIVERKEEPER and other environmental and educational programs. Sponsored by the Neuse River Foundation, the 200-mile waterway is celebrated through art shows, historical exhibits, concerts and water sports. (919) 637-7972.

Amateur Golf Tournament

June 5 to 11, Pinehurst

Women's N/S Amateur Golf Tournament will be at the Pinehurst Resort & CCC. (910) 295-8140.

Military Antiques Show

June 6 to 7, Raleigh

18th Old North State Military Antiques Show. Arms and memorabilia of the Civil War, Indian wars, WWI, WWII, etc. Exhibited, bought, sold and traded. 9 a.m. to 5 p.m. Admission \$5.00 adults; 7-12 \$1.00. At North Carolina State Fairgrounds. (704) 282-1339.

Concert

June 6, Manteo

Dare Days Concert: Ricky Van Shelton at the Roanoke Island Festival Park Pavilion. (919) 475-1506

Quilting Party

June 10 to 13, Boone

Two and one-half days of quilting workshops with well-known teachers. Broyhill Inn and Conference Center at Appalachian State University in Boone. (828) 262-3045.

Antique Power Festival

June 12 to 13, Albemarle

Featuring antique tractor pull, kids pedal pull, public implement auction sale, antique cars, tractors, engines, crafts and more. Ticket drawing at 8 p.m. for restored 1952 model A John Deere tractor. Admission \$4.00; children under 12

free. Stanley County Fairgrounds. (704) 982-6707; (704) 474-3673.

Quilt Show

June 12 to June 13, New Bern

Twin Rivers Quilters Guild judged quilt show. New Bern National Guard Armory. (919) 224-1013

Storytelling Festival

June 13, Boone

High Country Yarnspinners Storytelling Festival, featuring Orville Hicks and other regional storytellers, at the Hickory Ridge Homestead on the Horn in the West grounds. 1 p.m. to 11 p.m. \$5 for adults, \$2 for children. (336) 877-4110.

Farmer's Day

June 13, Fremont

The annual Farmer's Day at the Gov. Charles B. Aycock Birthplace celebrates the 19th century farm family. Staff and volunteers will demonstrate farm chores and domestic skills such as weaving. 12 noon to 4 p.m. Admission free. (919) 242-5581.

Mountain Herb Festival

June 13, Boone

Guest speakers include Dr. Gary Freeze and Nancy Basket. Over 50 vendors showing herb plants, crafts and garden items. Educational programs offered. 10 a.m. to 7 p.m. (704) 295-9596.

Albert Hash Memorial Festival

June 13, West Jefferson

An afternoon of "old time" music in memory of Albert Hash, a talented craftsman and musician. Ashe Civic Center. Proceeds benefit the Ashe Civic Center. 2 p.m. to 11 p.m. Adults \$5.00, students \$3.00. (336) 246-4483.

Blessing of the Fleet

June 13, Hobucken

Gospel music, arts and crafts, educational displays, pony rides, petting zoo, "Little Miss Blessing" contest, boat tours, local

seafood dinners and the "Blessing of the Commercial Fishing Trawlers." (919) 745-5057.

Festival of Colonial Music

June 13 to 14, New Bern

Tryon Palace Historic Sites & Gardens celebrates King George's 260th birthday with events featuring colonial period music and dance in the historic buildings, lecture/concerts in the Visitor Center auditorium and informal show-and-tell discussions of period instruments outdoors. Gardens and all outdoor concerts free. General admission ticket for tours and concerts inside historic buildings. (800) 767-1560.

Fishing Competition

June 13 to 14, Elizabeth City

River City Bass Blast, a regional fishing competition with cash prizes sponsored by the Elizabeth City Jaycees. Waterfront and the Pasquotank River. Begins at 10 a.m. \$110 per team. (252) 338-2131.

Sheep Dog Championship

June 13 to 14, Lawndale

N.C. State Championship Sheep Dog Trials. Border collies herding around an obstacle course directed by handler's voice and whistle commands. 8 a.m. to 5 p.m. (704) 538-3487, day; (704) 538-3992, evening.

Motorcycle/ATV racing

June 14, Belwood

Belwood Challenge. Motorcycle and ATV woods racing. Good family fun. Concessions available. 8 a.m. to 5 p.m. \$5 per person gate fee. (704) 484-9000, day; (704) 937-9177, evening.

North Carolina Symphony

June 15, New Bern

Tryon Palace Historic Sites & Gardens hosts special free performance by the North Carolina Symphony on the South Lawn of the Palace. 7 p.m. to 8:30 p.m. (800) 767-1560.

Music Festival

June 19 to 20, Murfreesboro

8th Annual Traditional Country & Bluegrass Music Festival. Featuring on main stage the Bob Lewis Family, Doug Crobtree and East River Boys, East Virginia Reunion, Clearwater, New Classic Grass, Cloggers and more. Children's Stage, Saturday from 1 to 6 p.m., featuring C Shells, clowns, Indian story telling and ceremonial dancing. Free pony rides, contests such as pie-eating, egg toss, bag racing and more. (757) 583-8238, (757) 362-9292, (919) 398-4479.

Reed Gold Mine Family Day

June 20, Stanfield

Event features arts and crafts demonstrations including blacksmithing, woodworking and basket weaving, food, civic organization exhibits. Pan for gold for \$2 or enter speed panning competition. Tour of mine and an operating stamp mill. 10 a.m. to 4 p.m. Admission free. (704) 721-4653.

Indian Drummers and Dancers

June 20, Kings Mountain State Park

Enjoy drumming and dancing of the Catawba Indians and learn about their culture. 1 p.m. to 3 p.m. (803) 222-9300.

Hog Day

June 20, Hillsborough

16th annual Hillsborough Hog Day features barbecue, "best dressed" pig contest, live music, children's rides and entertainment area, Harley Davidson Bike Show, photography contest, vintage and antique car show, arts and crafts and petting zoo. 9 a.m. to 7 p.m. (919) 732-8156.

"Tour De Cure" Cycling Event

June 20, Statesville

American Diabetes Association's cycling event from Statesville to Beech Mountain. 8 a.m. start time. (704) 373-9111

Concert

June 20, Rose Hill

Musicians Jim Aycock and Carol Ann Tucker perform at the Duplin Winery. 7 p.m. Deluxe admission, \$25 per person, includes wine, meal and show. Reservations required. (800) 774-9634.

Powerboat competition

June 20 to 21, Elizabeth City

River City Coca-Cola PowerBoat Rampage, an outboard powerboat competition based on a course established in the 1930s on the Pasquotank River featuring 70 to 100 boats. 9 a.m. to 10:30 a.m. registration; races begin at 12 noon. \$10 boat entry fee. Admission free. (252) 335-2596.

Clogging Jamboree

June 20 to 21, Blowing Rock

Performances and competitions at Tweetsie Railroad. 9 a.m. to 6 p.m. (828) 264-9061; (800) 526-5740.

Outdoor Jazz Concert

June 22, Pinehurst

A free outdoor jazz concert at Sandhills Community College (in case of rain, event will be held in Owens Auditorium). Gates open at 4:30 p.m. for picnics, concert begins at 6 p.m. (910) 695-3829.

Poetry Festival

June 27, Southern Pines

The Sam Ragan 19th Annual North Carolina Poetry Festival. Weymouth Center, Southern Pines. 10 a.m. (910) 692-6261.

Blue Ridge Mountain Fair

June 27, Sparta

Entertainment, crafts, food, pottery. 10 a.m. to 5 p.m. Free admission. Alleghany County Fairgrounds. (336) 372-2578

Quilt Show

June 27, Sparta

Display of quilts by Alleghany Quilter's Guild at Emerson Black Building, Alleghany County Fairgrounds. 10 a.m. to 5 p.m. Free admission. To register your quilts, call (336) 372-7080.

Heritage Day

June 27, Blowing Rock

7th Annual Heritage Day and Wood Kiln Opening at Bolich Pottery and Traditions Pottery. Wood-fired pottery, corn grinding, quilting party, wooden spoon and bowl making, wagon rides, mountain music and more. 8 a.m. to 5 p.m. Free admission. (704) 295-3862; (704) 295-5099.

Old Time Gospel Music

June 26 to 29, July 2 to 4, Candler

18th annual singing in Hominy Valley. Traditional gospel music featuring the Primitive Quartet, Doyle Lawson and Quicksilver, The Hayes Family and many others. 7 p.m. Admission \$9.00 for adults, children under 12 free. Hominy Valley Singing Grounds. (704) 667-8502.

18th Century Craft Guild

June 27 to 28, Kings Mountain

National Military Park

Members of the 18th century craft guild will present a variety of portrayals of 18th century artisans and farmers of the Carolina Piedmont. 9 a.m. to 5 p.m. (864) 936-7921.

Gospel Music Concert

June 28, Linville

7th annual Singing on the Mountain at Grandfather Mountain's MacRae Meadows. Day-long event. Free camping available. (828) 733-4337.

Independence Day Celebration

July 3 to 5, New Bern

Tryon Palace's South Lawn will be occupied by the 18th century camp of His Majesty's Royal Forces, the N.C. Highland Regiment, recreating the old ways of living, including musket demonstrations, camp cooking, games and bagpipe music. Tryon Palace's historic homes will be decorated in a patriotic tone and tours of the Stanley House will describe the earliest colonial celebrations of independence from England. Friday and Saturday, 9 a.m. to 7 p.m.; Sunday, 1 p.m. to 7 p.m. Gardens are open free; interior tours at regular price. (800) 767-1560

Fireworks

July 3, Statesville

9:30 p.m. Signal Hill Mall (704) 873-5575.

Arts & Crafts at the Gap

July 3 to 5, Highlands

Juried Art and Craft Show at Sassafras Gap Campground. Live entertainment, food. Admission \$1. Children under 12 free. (704) 526-3181.

Fourth of July Celebration

July 3 to 4, Wake Forest

Fireworks and historical program at Wake Forest-Rolesville High School Stadium, music by the Band of Oz, "Southern Skies" sky divers, July 3. Children's parade on North Main Street, arts and games in the park, hot dogs, drinks and swimming at the Wake Forest Community House, July 4. (919) 556-3936

Freedom Fest...A Salute to Veterans

July 4, Shelby

A festival saluting veterans of all major conflicts with a concert by the Frank Love Orchestra. Kids activities, food and more. 3 p.m. to 9 p.m. On the Court Square in Uptown Shelby. (704) 484-3100.

Fourth Of July Celebration

July 4, Rolesville

Second Old-Fashioned Fourth of July Celebration. Fireworks, music, pony rides, clowns, games, entertainment, an auction and food. 4:00 p.m. to 11:00 p.m. Rolesville Community Park. Contact Joseph Winfree, Mayor, 919-556-3506 or Ron Wharton, Chairperson, 919-556-5125; or e-mail paw730@worldnet.att.net

Draft Horse Pull

July 3, Sparta

Sponsored by Sparta Lions Club and Alleghany Horseman's Association. Alleghany Fairgrounds. 6:30 p.m. Admission: \$5 adults, children 6-12 \$2, no charge under 6. (336) 372-6196.

Horse Show

July 4, Sparta

27th Annual Sparta Lions Club English/Western Horse Show, Alleghany Fairgrounds. 6 p.m. Admission \$5 adults, children 6-12 \$2, no charge under 6. (336) 372-6196

On-Going Events

Outdoor Drama

June 5 to 6, 12 to 13, 19 to 20, 26 to 27, Waxhaw

Listen and Remember—a historical outdoor drama covering the life and times of Andrew Jackson, presented in the Waxhaw Amphitheater. Show starts at 8:30 p.m. Admission \$8 for adults, \$5 for senior citizens, \$3 for children 12 and under. (704) 843-2300, (704) 764-7159.

Quilt Exhibit

June 3 to 27, Boone

Quilts by the Mountain Laurel Quilters Guild will be on exhibit in the Mazie Jones Gallery at the Jones House Community Center. (828) 264-1789.

Metalsmiths

Through Aug. 11, Asheville

Southern Highlands Craft Guild presents an exhibit that studies the works of three generations of metalsmiths who have operated the Samuel Yellin Metalworks forge in Philadelphia. Over 75 objects from the forge and 20 drawings on display. Main gallery, Folk Art Center. (704) 298-7928.

Deadlines: Aug. June 25
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Say Watt

Two things improved by shortening are

Begin at one quotation mark and end at the other to spell out a three-word answer to this conundrum. Move from letter to adjacent letter in any direction; left, right, up, down, or diagonally. Each letter is used only once.

C	S	I	S
I	U	A	T
O	B	"	N
N	M	D	S
"	S	R	E

Southern Exposure

Jug Head goes job hunting

During World War II the nation needed more paper. Champion paper mill employees in Canton were being called into service. The company was hiring.

Jug Head Gibbs decided to come down out of the hills of Haywood County to apply for a job. Jug Head was an honest man who paid his bills and never lied or beat the devil around the bush.

In the emergency, Mrs. May Atkinson was helping with pre-employment interviews. May knew Jug Head and Jug Head knew her. She asked him the routine question when she came to "most recent employment?"

Jug Head replied, "A'trafficin' and a'tradin' likker between North Carolina and Tennessee."

"Haven't you been doing a little farming?" May asked.

"Nope, May," Jug Head said. "Put down a'trafficin' and a'tradin' likker between North Carolina and Tennessee."

"How about a little logging and apple growing?" May asked.

"Now, May," Jug Head said sternly. "Put down a'trafficin' and a'tradin' likker between North Carolina and Tennessee, or leave the damn space blank!"

This story is one of many tales told in "Leaves from the Notebook of an Appalachian Physician," by Hugh A. Matthews, M.D., of Cullowhee, published by Macon Graphics, Inc., of Franklin in 1980.

Math Words

What's the value of a June bride?

Each of the 10 different letters in this division problem stands for a different digit. Given E=4, can you replace the missing digits to place a value on a June Bride?

$$\begin{array}{r}
 \text{JUNE} \\
 \text{A} \overline{\text{BRIDE}} \\
 \text{BN} \\
 \hline
 \text{BI} \\
 \text{BU} \\
 \hline
 \text{MD} \\
 \text{EN} \\
 \hline
 \text{UE} \\
 \hline
 \text{UE}
 \end{array}$$

Answers on page 37

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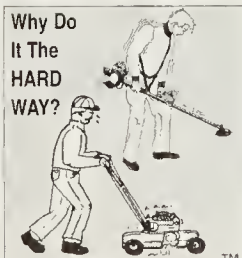
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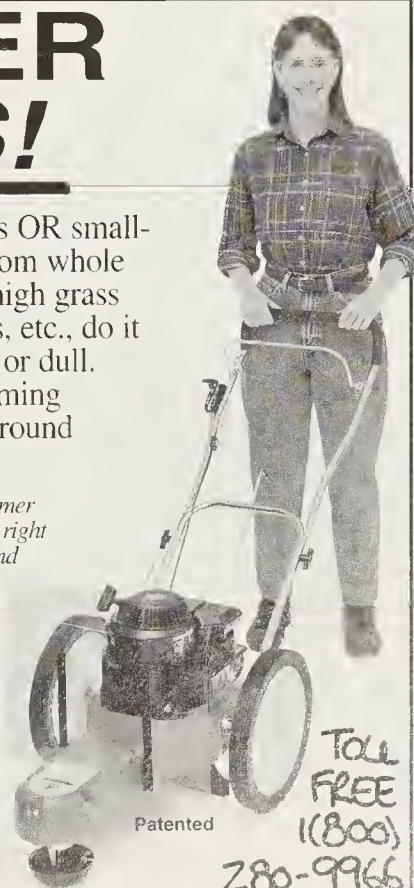
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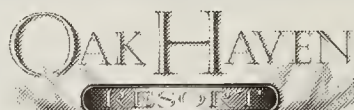
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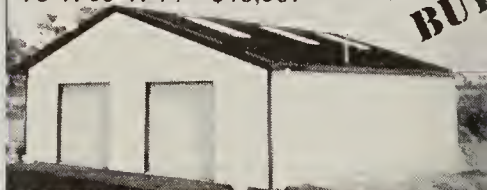
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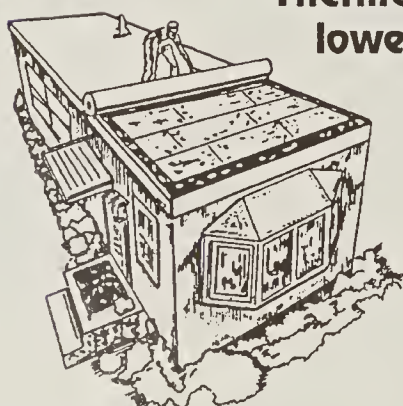
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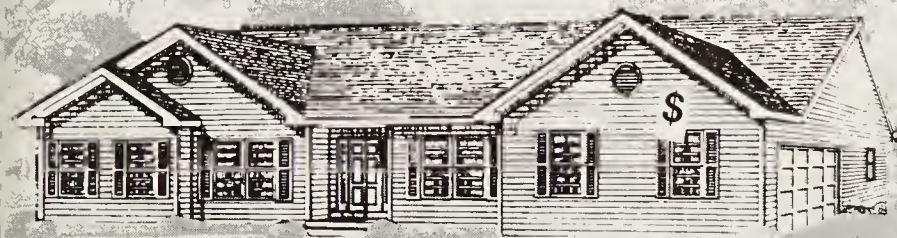
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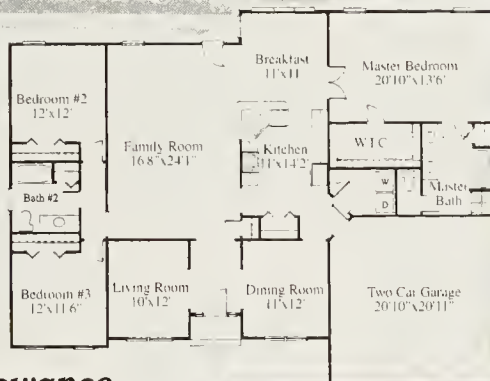
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Hank's gardening guide

by Hank Smith

Now's the time to enjoy the fruits of the gardener's labor with bouquets of fresh flowers and delicious vegetables.

June often is characterized by long dry periods. Water as needed to maintain healthy plant growth and abundant production. Conserve moisture by covering roots with organic mulch. Regularly pick blossoms of annuals and perennials; and remove any faded blooms to encourage continued production of colorful blooms. It's not too late to set our summer bedding plants such as the hardy annuals salvia, periwinkle, zinnia and portulaca.

Keep a watchful eye for insects and diseases. If you use chemicals, apply corrective sprays and dusts. Take a critical look at your garden while plants are at their prime. See if the landscape can be better arranged, planned and planted to increase the family's enjoyment.

Houseplants

Don't move houseplants into direct sunlight. Leaves that are accustomed to being indoors will burn in sunlight. Keep them in a shady spot for several days; then move to semi-shade—never into direct sunlight. If you're planting container-grown trees or shrubs that have been under cover, as in a lathhouse, gradually introduce them to full sunshine. A spot beneath tall pine trees is near ideal.

Tropicals

This is a good time to plant tropical plants in the garden. These add much interest and beautiful color to the garden until frost. Among the most popular are Chinese hibiscus, croton, and philodendron. All tropicals need to be over-wintered indoors.

Rose care

Autumn's healthy blooms reflect summer care. Remove old blooms as they fade to prevent seed formation and allow more energy for flower production. Cut flowers just above the first five-leaflet leaf. Add about a cup of 10-10-10 fertilizer to each plant monthly through August, watering well after each application. Water base of plants, not leaves. Remove fallen dead blooms to help reduce disease problems. Spray with fungicide every seven to 10 days to help control black spot and powdery mildew.

Pinch tomato suckers

By properly pruning, you can have stronger plants with larger fruit. Sucker growth appears between main stem and a leaf. This growth snaps out easily and should be removed from staked tomatoes. Remove suckers, leaving one at base of plant (the one beneath the first fruit cluster) to grow into the second stem. Other suckers should be removed when they are 4 to 6 inches long. These have a dormant bloom that will produce fruit. They can be rooted for growth into fall-bearing plants.

Pruning flowering quince

Every three or four years prune out the oldest canes to base of plant. Thin out the newest crop of shoots, and use a spade to take out suckers if they appear at the soil line. Quince must have full sun to do its best. A winter mulch of rotted barnyard manure encourages good growth.

Vegetables

It's not too late to transplant tomato, pepper eggplant and sweet potato plants to the vegetable garden. Water thoroughly and shade them for three or four days after transplanting.

Summer-prune select shrubs

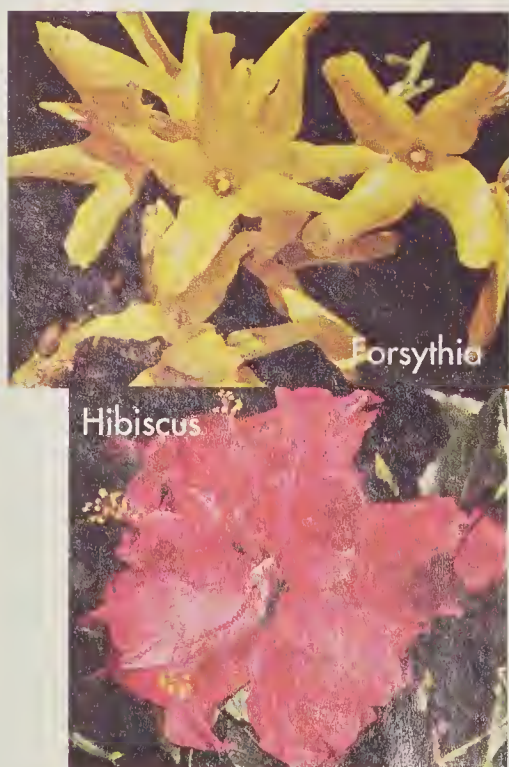
Bushy, well-shaped shrubs that bloom profusely are the result of summer pruning. By pruning, you can train shrubs as they grow by cutting or pinching out growing tips of branches, forcing them to form vigorous new shoots. During June, prune mock orange, weigelia, the privets, forsythia, abelia, bush honeysuckle, eponymous and similar shrubs. Even the finest needle-leaved evergreens soon become ungainly and unsightly unless pruned yearly. Often, such specimens are allowed to grow beyond their appropriate landscape position. Needle-leaved evergreens should be pruned between June 1 and July 15. Cut to remove about one-third to one-half the new growth at tips of branches. Do not remove the top most tip until plant has reached the desired height. Mature narrow-leaf evergreens grown as trees should not be pruned at all. For pines, firs and spruce, when grown as full-bodied specimens (as in background screening), an annual summer pruning is vital. Clip tips with hand clippers. To keep junipers, arborvitae, hemlock and yew (*Taxus*) in bounds, prune with a sharp knife or hedge shears.

Summer plant propagation

Now's the time to make cuttings of trees, most shrubs and perennials. Insert 6-inch cuttings into moist soil of shaded cold frames. If a cold frame is not available, use a deep wooden box. Use rooting hormone on base of cutting before sticking cutting in rooting bed. Depending on the plant, two weeks to several months are required for roots to develop.

Herb harvest

Begin cutting herbs for drying this month. Gently rinse plants with the garden hose the day before you plan to harvest. To preserve flavor, cut plants after dew has dried, but before sun gets too hot. Hang by stems in a cool dry location.



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Blueberry-Sour Cream Cake

- | | |
|----------------------------|-----------------------------------|
| 2 cups flour | 1 cup sugar |
| 1 teaspoon baking soda | 1 teaspoon vanilla |
| 1 cup packed brown sugar | 3 eggs |
| 1 cup chopped nuts | 1 8-ounce carton dairy sour cream |
| 1 teaspoon ground cinnamon | 2 cups fresh blueberries |
| 1/2 cup butter | |

Stir together flour, soda and 1/2 teaspoon salt, set aside. Combine brown sugar, nuts and cinnamon; set aside.

In a large mixer bowl, beat butter on medium speed for 30 seconds. Add sugar and vanilla; beat until fluffy. Add eggs, one at a time, beating well after each addition. Beat in sour cream. Add flour mixture; beat until smooth. By hand, fold in blueberries gently.

Spread half of batter in a greased 13 by 9 by 2-inch baking pan. Sprinkle half of brown sugar mixture evenly over batter. Dollop remaining batter on top; spread slightly. Sprinkle remaining brown sugar mixture over surface of batter.

Bake in a 350-degree oven for 45 to 50 minutes or until done. Serve warm or cooled. Makes one 13 by 9 by 2-inch cake.

Blueberry Yum Yum

Crust:

- 1 cup flour
- 1 stick margarine, softened
- 1 cup chopped nuts

Filling:

- 8-ounce cream cheese, softened
- 8-ounce Cool Whip
- 1 cup sugar

Topping:

- 2 cups blueberries
- 1/2 cup water
- 1 cup sugar
- 1/4 cup cornstarch (mix with water)

Mix ingredients for crust well. Press into a 9 by 13-inch baking dish. Bake at 350 degrees for approximately 20 minutes. Let cool.

Mix cream cheese and sugar for filling. Add Cool Whip. Mix until smooth. Spread on cooled crust. Cook berries, sugar and water approximately 15 minutes. Add cornstarch and cook until blueberries thicken. Cool mixture. Spread on top of cream cheese mixture. Refrigerate.

June is NC Blueberry Month

Blueberry production accounts for approximately \$13 million in income for our state's producers. North Carolina ranks fourth nationally among the states in the production of cultivated highbush varieties, with an average of 2,900 acres harvested each year. Only Michigan, New Jersey and Oregon top our production.

Fresh North Carolina blueberries are among the first to appear in the marketplace with the highbush varieties. The harvest runs usually from mid-May through mid-July. Rabbiteye blueberries are available after the highbush blueberry season, extending North Carolina availability into late summer. Commercial production is centered in the southeastern counties. However, smaller plantings make blueberries available in almost every county. The largest volume of production occurs in Bladen, Pender, Duplin, Sampson, Columbus, Jones and Craven counties.

More recipes

The North American Blueberry Council publishes a free leaflet, "Blueberry Recipes Worth Celebrating," containing six blueberry recipes. Send a self-addressed stamped business size envelope to "Celebrate Blueberries," North American Blueberry Council, 4995 Golden Foothill Parkway, Suite 2, El Dorado Hills, CA 95762. (916) 933-9399.

Freeze your own blueberries

Use berries that are unwashed and completely dry. Completely cover the blueberry container with plastic wrap or a resealable plastic bag, or transfer blueberries to a plastic bag and seal it airtight. You also can arrange dry berries in a single layer on a cookie sheet, freeze them, then transfer the frozen berries to plastic bags or freezer containers. Wash the blueberries before using them.

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